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More Trump resistance? Stranger Things have happened
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WILL TRUDEAU WALK HIS TALK?

Monday was a day for all leaders to vouch to stand shoulder-to-shoulder with the Muslim community. Our prime minister fell short

POLITICS
Chantal Hébert

Prime Minister Justin Trudeau comments on the Quebec City mosque shootings in the House of Commons in Ottawa, Monday.
THE CANADIAN PRESS

Even as Canada's federal leaders were addressing the House of Commons to express their solidarity with the country's grieving Muslim community on Monday, the White House's press secretary was arguing that the murderous attack on a Quebec City mosque was "a terrible reminder of why the president is taking steps to be proactive, not reactive" on national security.

Little of course could be further from the truth. If one were to connect dots between the shooting that left six dead in a Quebec mosque and Donald Trump's entry ban on citizens and refugees from a number of Muslim-majority countries, one would find a community that is having a target painted on its back by the world's most powerful elected leader.

It is a connection whose acknowledgment does not come easily to Prime Minister Justin Trudeau or, for that matter, to much of Canada's political class. Monday was a day for all leaders to vouch to stand shoulder-to-shoulder with the Muslim community. It will take a while to see how far they are willing to walk their talk.

But by all indications, whistling past the graveyard will only work for so long.

In dealing with the Trump administration, Trudeau has wanted to believe that actions will speak louder than words; that they will in fact act as a substitute for speaking out.

In the face of questionable moves by the incoming American administration, he and his government would refrain from taking stances in a manner that could be construed as seeking a frontal collision with the White House. But they would stick with charting a distinct and contrary course for Canada.

On that basis, Trudeau would tweet to commend the hundreds of Canadians who took part in post-inauguration marches in support of women's rights in the United States but not make a peep about the White House's moves to make it harder for some of the world's poorest women to secure safe abortions.

The prime minister would use social media to showcase his government's embrace of Syrian refugees but offer no opinion about the abrupt suspension of the American participation in the humanitarian operation and the catastrophic domino effect it could have on international resettlement efforts.

Canada would not even beg to differ in public with Trump's outlandish assertion that keeping out refugees, visitors and immigrants including green card holders from some Muslim-majority countries was necessary to keep the U.S. safe from attacks.

Given that we share the same continent, it is hard to think of a government leader better placed to offer a rebuttal of that narrative than Canada's.

But while Trudeau and many others in his government spent the past weekend reaffirming their attachment to Canada's diversity and their determination to continue to enrich it, they all steered well clear of rebutting the premises of the U.S. ban.

That task fell to non-Liberals such as former Conservative immigration minister Jason Kenney. In a series of tweets on Saturday, he described Trump's executive order as "a brutal ham-fisted act of demagogic political theatre" and called on Republicans in the American congress to challenge it.

In a statement issued on behalf of all Canadian universities on Sunday and calling for the ban to be ended immediately, their association pointedly noted that this was an issue "that was too important to stay quiet on."

Asked point blank to address the ban issue in question period on Monday, the prime minister skirted NDP leader Thomas Mulcair's question and stuck to touting Canada's diversity.

The problem with Canada's tongue-biting approach is that some actions speak louder than others especially when they are those of a U.S. administration that is using the office of president as a bullhorn to equate Muslims with security threats.

The refusal to engage beyond the very narrow scope of securing Canadian exemptions from measures that have negative planet-wide implications leaves the field wide open to those — starting with the new administration — who are only too eager to distort facts for their own purposes.

Surely Trudeau did not see the White House's recuperation of the Quebec City tragedy as fodder for its controversial entry ban coming. Chances are this will not be the last time he is blindsided by his U.S. vis-à-vis.

It was always a given that there would be limits to the lengths the Trudeau government could go to in its quest for a transactional relationship with the Trump administration. But few expected those limits to be reached over a matter of little more than a single week. And yet they have.

Chantal Hébert is a national affairs writer.

Nation reacts to Quebec mosque shooting metroNEWS Canada must take Syrians, students rejected by U.S. metroVIEWS

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Uber is in hot water for exploiting a taxi protest against the Muslim ban and for its CEO's relationship with Donald Trump. Twitter users are encouraging people to #DeleteUber.

QUEBEC MOSQUE SHOOTING

Vancouverites vigilant

VIOLENCE

Vigil, rally held in response to Quebec attack and Trump ban

David P. Ball
Metro | Vancouver

Vancouverites reacted with horror and condemnation to Sunday night's deadly attack on worshippers in a Quebec mosque, and are calling on Canadian authorities to do more than issue statements in response.

Though Quebec City is 4,000 kilometres away from the West Coast, the fears raised by the terror attack were sharply felt by Muslims and their allies across the country.

"It was extreme sorrow, my heart went out to the victims and their families," said Vancouver lawyer Hasan Alam. "I felt overwhelmed, because we as a Canadian Muslim community, and a North American Muslim community, have dealt with so much in the context of Trump and this past weekend the trauma of his Muslim ban.

"To have the trauma of losing six people in our community so horrifically at the hands of someone, that was even more traumatic."

People attend a vigil in Quebec City, Monday, where a gunman killed six people at a mosque. PAUL CHIASSON/THE CANADIAN PRESS

Fellow Vancouver lawyer Zool Suleman, on the city's immigration advisory committee, welcomed statements from local, provincial and federal leaders, but said that more forceful condemnation of Islamophobia, and resources to fund initiatives to combat it, are needed.

"The broader discussion is around what's actually allowing this climate to grow, and what's giving people permission to be more racist, to be more explicit about their Islamophobia," Suleman said.

> **Islamophobia is a real thing here in Canada.**
> Hasan Alam

On Saturday evening, a candlelight vigil is being held outside the Al-Jamia mosque, followed on Sunday by a rally at the Peace Arch border crossing.

Sunday's shooting left six people dead during their evening prayers at the Islamic Cultural Centre of Quebec, and suspect Alexandre Bissonnette in custody.

"Islamophobia is a real thing here in Canada," said Alam, a community liaison for the B.C. Islamophobia Legal Assistance Hotline.

"We've seen an increased number of attacks in Canada ... In the last two years alone we've seen more attacks than in the last 15 years.

Alam said after hearing about the Quebec mosque attack, he felt not only overwhelmed but angry.

"There's a history of this, but people either ignored it or didn't speak out against it earlier. We need to start shifting the discussion from talking about it as it happens, to actually talking about the underlying cause: white supremacy, that's growing and is behind a lot of this.".

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Protest of ban continues

IMMIGRATION

Small group invite others to join in wake of deadly shooting

Jen St. Denis
Metro | Vancouver

A small group of protesters who gathered at the U.S. Consulate in Vancouver to protest President Donald Trump's sudden ban against refugees and immigrants from seven countries say they'll be back tomorrow, and they're inviting others to join them.

"We need to now, more than ever, get out of our beds, get out of our heads, get offline, voice what's right," said Nathan Barrett, a Vancouver resident who joined the protest at noon on Jan. 30.

The protest of around 30 people was organized by the group Ourrevolution.ca, formerly the group B.C. for Bernie.

Andy and Linda Maxwell said they would be back to protest tomorrow. Andy is an American citizen who recently became a landed immigrant in Canada; Linda is Canadian. They lived in Washington State for 10 years before moving to Vancouver.

Vancouver residents gathered outside the U.S. Consulate on W. Pender St. on Jan. 30 to protest President Trump's sudden immigration ban that left has hundreds of refugees and immigrants in limbo. JEN ST. DENIS/METRO

"We went to the Women's March, we went to a rally in Olympia trying to get the Electoral College to vote to change," Linda said.

Referring to the deadly shooting at a Quebec City mosque on Jan. 29, she added: "We just feel like we can't stop, and now with this thing in Quebec, it's not just a U.S. problem." The Maxwells said they still have property in Washington and travel between Canada and the United States often.

"We don't have anxiety on that regard but we don't know how far this is going to slip downhill," Andy said. "We see a lot of fascist, dictatorial, authoritarian tendencies out of this new administration and it scares us a lot."

The couple added that several of their grandchildren are multiracial, and are concerned about a rise in racist incidents and open incitement of hatred.

The small gathering in Vancouver contrasted with the hundreds of people who protested outside the U.S. Embassy in Ottawa and the U.S. Consulate in Toronto on Jan. 30. Ourrevolution.ca plans to gather at the U.S. Consulate at 1075 W. Pender St. again on Jan. 31 between noon and 1 p.m.

+ MEMORIAL

Vigil for Quebec shooting victims organized

A candlelight vigil for the victims of the Quebec shooting is planned for 5:30 p.m. Saturday, Feb. 4 at Al-Jamia Mosque (655 West 8th Ave., Vancouver), organized by the Pakistan-Canada Association, Al-Jamia Mosque, and the Coalition Against Bigotry.

POLL

Crossing expected to be hard for Canadians

Wanyee Li
Metro | Vancouver

The vast majority of Canadians report having a good experience entering the U.S. but almost half say they expect that to change for the worse under the Trump administration, according to an Angus Reid Institute poll.

Almost 90 per cent of respondents said they had a good experience and most who had a bad experience blamed it on wait times. About half (48 per cent) said Trump's presidency would make the crossing more difficult, but that number jumps to 47 per cent among visible minorities.

That may not be surprising because one in four visible minorities who responded to the survey reported a poor experience crossing into the U.S. But only seven per cent of all respondents pointed to racial profiling specifically. About half said they experienced rude border guards.

Community policing wrong approach to fentanyl crisis

CITY HOLLER
Trish Kelly

Last week, Vancouver city council made some decisions about how our city will use $3.5-million raised through a 0.5 per cent property tax increase to address the fentanyl crisis.

While most of the money will go to supporting front line efforts, including funding a three-person overdose response team stationed at Firehall No. 2, more than $200,00 is earmarked to open and maintain a Strathcona Community Policing Centre.

It's an idea that is opposed by front-line community groups and could make the overdose problem worse.

I'm pretty surprised that the city proposed the idea of increases to community policing as a way to deal with the opioid crisis, and I'm simply amazed that in the face of so much community-based opposition, they decided to pass it.

So many people wanted to speak on the issue at the council meeting on Jan. 24, that a second day of speakers had to be scheduled. Most came to speak against the community policing centre, though the chief of police and head of the neighbourhood's business improvement association spoke in support. Many community members who did not understand that you must register in advance to speak to city council, requested to speak, but were not allowed.

The city report suggests that community policing centres act as hubs for local residents who voluntarily patrol their neighbourhood, and the centre itself could be used for overdose prevention training and other supportive acts like needle cleanups. Community groups say it can't help, because people addicted to illicit drugs avoid police. They say that patrols of concerned citizens linking themselves to police will not be seen as a safe go-to for anyone in the midst of an overdose.

Nurse Sally Krupp and VANDU's Samona Marsh demonstrate how to administer naloxone at a all-day opiate overdose response training session in Vancouver in November. METRO FILE PHOTO

Vancouver Coastal Heath's chief medical officer spoke to council and noted that any approach to harm reduction needs to look at decriminalizing illicit drugs and reducing the stigma associated with being an addict. People who are stigmatized feel they must conceal their problematic behavior and they are more likely to die from an overdose.

Does anyone have an example of when policing anything lead to reduced stigma for that behaviour?

Perhaps those behind the proposal thought that a mere $200,000 of $3.5 million in spending would go unnoticed. Perhaps they thought they could throw Strathcona home and business owners a bone after last year's decision to land two new injections sites in the neighbourhood caused outrage amongst the better offs of Strathcona.

The community policing spending is a small part of the city's overall budget to address the fentanyl crisis, but it shows a lack of will to address the root causes, and it shows the city is still willing to push the marginalized to the margins to placate the privileged.

...I'm simply amazed that in the face of so much community-based opposition, they decided to pass it.

Trish Kelly lives and writes in East Vancouver. Follow her on Twitter @trishkellyc

QUEBEC MOSQUE SHOOTING

Partisanship put aside in a moment of unity

Canadian political leaders stood in the House of Commons Monday united first in words then silence to denounce violence and appeal for unity in the wake of Sunday's Quebec City mosque massacre.

As the Canadian flag on the Peace Tower flew at half-mast, Prime Minister Justin Trudeau condemned the "despicable act of terror last night in Quebec City."

Trudeau said a "group of innocents" were "targeted for practising their faith."

"Make no mistake, this was a terrorist attack," said Trudeau. "It was an attack on our most intrinsic and cherished values as Canadians; values of openness, diversity, and freedom of religion."

Public Safety Minister Ralph Goodale said, "This was an act of extreme violence directed against a particular group with the clear intent to intimidate and harm that group and to strike fear in their hearts. In the definition in broad terms of terrorism, they were trying to inflict terror. And that fits the definition."

TORSTAR NEWS SERVICE

Justin Trudeau and Liberal MPs stand for a moment of silence Monday. THE CANADIAN PRESS

Canada springs to action

Across the nation, the shooting in Quebec City was met with horror and condemnation as Canadians rallied together. METRO CANADA

A vigil in Montreal for victims of the shooting at a Quebec City mosque. THE CANADIAN PRESS

HALIFAX:

In the hours following Sunday night's fatal mosque shooting in Quebec City, Rana Zaman found herself comforting a daughter scared to be Muslim.

"My daughter (a university student) and I had this horrible conversation where she felt she was really frightened, she couldn't sleep and she said she was afraid of being a Muslim," Rana Zaman said in an interview on Monday.

"I had to hide my own inner fear. I had actually been crying a lot that night feeling that the one safe haven that I felt was in the world has been taken away from us."

Zaman, a community activist and volunteer, said Halifax's Muslim community has been shaken.

"To be confronted directly so close to home? It's a terrifying prospect."

OTTAWA:

While the attack has made real the fears of Muslims in Ottawa, a local imam is encouraging people not to isolate themselves, but to find support in their neighbours, friends and fellow citizens who continue to support them.

"I think it's important for people to feel supported and to support one another, because we are all in this together," said Imam Sikander Hashmi of the Kanata Muslim Association.

"We've been through stuff together in the past and we've always come together with our friends and neighbours, our fellow citizens."

TORONTO:

Members of Toronto's Muslim communities are responding to the attack at a Quebec mosque with messages of unity, hope and optimism.

"We have to focus on what is good," said Omar Falasteen, a Ryerson engineering student and one of the organizers of a Monday vigil to mourn and express solidarity with families affected by the violence.

"These acts of terrorism don't only target Muslims. They target Christians, Jews, blacks ... We just need to continue to support each other."

WINNIPEG:

Mayor Brian Bowman condemned Sunday's deadly attack on a Quebec City mosque.

"We stand united and in solidarity with our friends from the province of Quebec, including those who subscribe to the teachings of Islam," Bowman said at a press conference on Monday afternoon. Bowman also expressed his support for Muslims in Winnipeg.

CALGARY:

There was shock and sadness across Calgary Monday, after the lives of six men were taken suddenly mid-prayer in the Centre Culturel Islamique de Québec.

In Calgary, citizens stood together at vigils in solidarity against acts of terrorism and violence, candles in hand.

"You want to let the victims know, and people who attend the mosque as well that you're there for them, and you won't stand for this," said Canadian Cultural Mosaic Foundation CEO Iman Bukhari.

But this wasn't just a Muslim-Canadian vigil. Bukhari said members from the Chinese, Jewish, a Syrian group and the LGBTQ community had come forward against the murders.

EDMONTON:

Ayesha Sohail always thought she was safe while praying, but the shooting at a Quebec City mosque Sunday changed her feeling.

"What am I supposed to think now?" said Sohail, the president of the Muslims Students' Association at the University of Alberta.

Ahmed Abdulkadir, executive director of the Ogaden Somali Community of Alberta Residents, said Monday he was now looking over his shoulder when going to the mosque.

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QUEBEC MOSQUE SHOOTING

Suspect faces six counts of murder

Alexandre Bissonnette studied at Université Laval

Quebec police have charged Alexandre Bissonnette with six counts of murder in connection to a shooting rampage at a mosque that left six dead and 19 injured.

Bissonnette, 27, is also facing an additional five counts of attempted murder, according to documents filed at the Quebec City courthouse.

He is expected to appear in court shortly.

After initially saying they had two people in custody in connection with the shooting rampage, Quebec police — in a surprising reversal from their morning press conference — now say there is only one suspect.

He appeared in court around 6 p.m. looking disheveled as he stood beside a guard in a glass prisoner's box. The prosecutor said they had not yet been given all the evidence and the matter was called back to court Feb 21.

The second man they had considered to have carried out the deadly assault, which authorities are calling an act of terror, is now a witness, Surete du Quebec said in a tweet Monday afternoon.

Bissonnette studied at the Université Laval, according to a statement released by the university late Monday. He was a student in the department of political science and anthropology, according to Jean-Claude Dufour, Dean of the Faculty of Agriculture and Food Sciences.

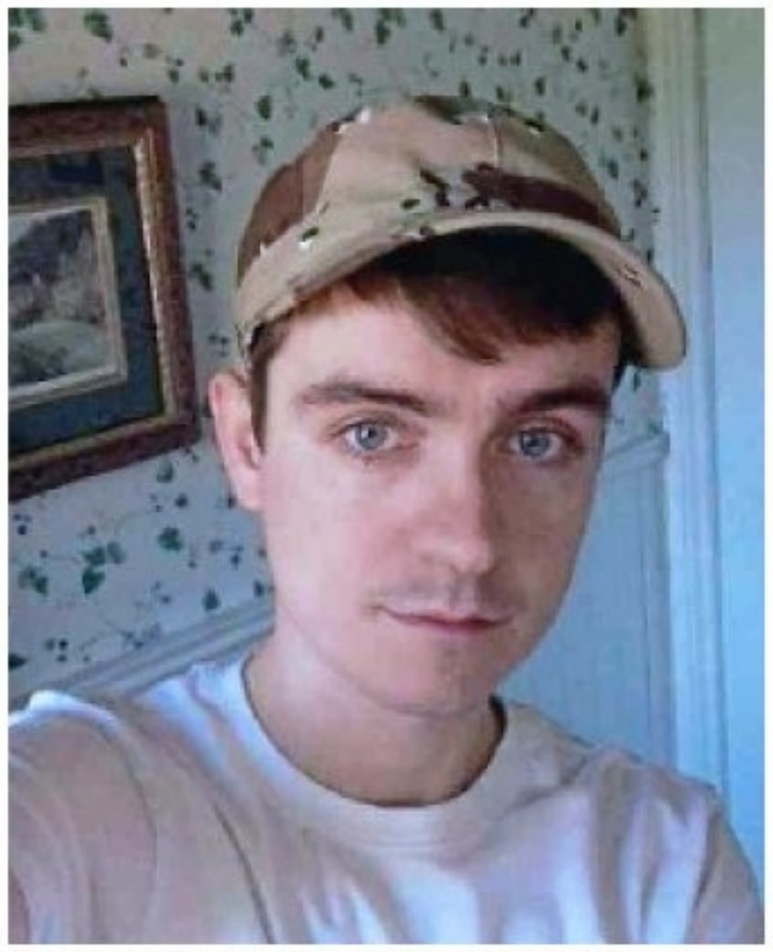
He was on both the Sainte-Foy and Université Laval chess club with his twin brother, said Université Laval professor Jean Sévigny, who said he knew Bissonnette and his brother through the club.

"I can only give you the impression I had and that was that he seemed, he gave the impression of being a very good person," said Sévigny, who last remembered seeing him in the fall of 2015.

Bissonnette's Facebook profile was deleted at some point on Monday, but an archived screenshot of his Facebook page showed he "liked" a wide range of pages, including those of U.S. President Donald Trump, far-right French politician Marine Le Pen, and atheist scientist Richard Dawkins. He also "liked" several different video games, chess clubs and organizations at Université Laval, as well as the federal NDP.

The horror that started just as Sunday evening prayers ended left six people dead and another 19 injured — two critically with significant injuries "mainly to the abdomen," a spokesperson for Centre Hospitalier Universite Laval said. The rest have been treated and released.

Police said there were another 39 people inside the Cultural Centre of Quebec's Grand Mosque as Sunday prayers ended. That's when two individuals said to be wearing ski masks and carrying firearms burst into the building and opened fire on the worshippers, according to witness accounts. The victims, all male, ranged in age from 35 to 60 years. TORSTAR NEWS SERVICE



Alexandre Bissonnette faces multiple counts of murder in connection to a shooting at a mosque that left six dead and 19 injured. FACEBOOK.COM

Remembering the victims

Details are emerging of some of the six victims of the Quebec City mosque attack.

1. **Azzedine Soufiane** — The father of three was a grocer and butcher. Local imam Karim Elabed described him as a longtime Quebec City resident who helped guide newcomers. Ali Ouldache said Soufiane was really someone who really loved Quebec — a true Quebecois.
2. **Khaled Belkacemi** — Universite Laval confirmed Monday that Belkacemi, 60, was one of their own and a professor in the food science department. Retired Universite Laval professor Hani Antoun described Belkacemi as a valued colleague and respected scientist.
3. **Abdelkrim Hassane** — Another father of three who was identified by friend Ali Hamadi. Hamadi said he left the mosque before the shooting and that Hassane, 41, was killed. Hamadi said Hassane worked in IT for the government.

THE CANADIAN PRESS

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Donald Trump's administration: *Muslim ban*

'I would say I'm ready to make my voice heard'

GOVERNMENT

'Freaked out' Americans take to the streets to protest Trump

Protesters demonstrate Monday in Washington, DC. GETTY IMAGES

Mary Beth Jobe, a 52-year-old homemaker in Idaho, expected to have a quiet Sunday hanging out with her three chickens, two dogs, cat and parrot.

But then she checked the Facebook page for her Boise neighbourhood and someone had posted about a protest at the airport. Eight days after the first demonstration of her life, she drove out to the second.

"This is dire," she said Monday. "I've never been this freaked out, ever. I'm freaked out, and I'll do whatever I need to do."

Erik Johnson, a 24-year-old biochemistry student in Nebraska, planned to be studying on Sunday night. But his girlfriend told him there was a protest at the state capitol in Lincoln. He had never demonstrated before, but this was a matter of "American values." Off he went.

"As of right now," he said Monday, "I would say I'm ready to make my voice heard."

Jobe and Johnson are part of an America-wide wave of organic street activism that has spread far beyond the usual places and the usual suspects. For the first time since the Vietnam era, it appears that spontaneous public protest may become a regular feature of American life.

Two weekends ago it was massive women's marches. Last weekend it was rallies against Donald Trump's order banning refugees from seven Muslim countries.

Demonstrators gathered on short notice Sunday in the streets of Alabama and Alaska, Arkansas and Michigan, Louisiana and Montana, Tennessee and Illinois. They gave every impression that they would be back.

"When this administration acts like it has some overwhelming mandate and the majority of the country voted for somebody else, people are moved to act. And I don't think that this is a one-off situation," said Jason Kander, the former Missouri secretary of state who lost his 2016 race for the U.S. Senate.

"I think it is becoming pretty clear that the demonstrations are going to be a part of the Trump administration if it continues to act as though it has a mandate that it doesn't have."

"The number of members who have come to us saying 'I'm writing a letter every day,' 'I'm calling a member of Congress every day,' 'I'm ready to go out on the streets several nights a week or every night if necessary'—it's amazing. We haven't seen energy like this, ever," said Charles Chamberlain, executive director of the 12-year-old progressive group Democracy for America. TORSTAR NEWS SERVICE

REFUGEES

'Maybe the U.S. is no longer a safe country'

Gilbert Ngabo
Metro | Toronto

Many advocates are adding their voices to mounting calls for Canada to start accepting American refugees in the wake of Donald Trump's Muslim ban.

"Maybe the U.S. is no longer a safe country," said Mary Keyork, a Toronto immigration lawyer. "A developed nation is saying all these Muslim people from these Muslim countries are bad people, and they don't deserve to come here. That's just wrong and it creates fear and violence."

Refugee advocates are pressuring the federal government to rescind the Safe Third Country Agreement, which prevents Canada from giving refugee status to Americans seeking asylum.

No One is Illegal, a Toronto group that advocates for immigrants and refugees, has started a petition calling for the agreement to be scrapped. Nearly 30,000 have people signed.

The Canadian Civil Liberties Association has included scrapping the agreement in a list of demands being circulated to MPs.

Even before Trump's executive order banning people from seven predominantly Muslim countries, Keyork said individuals "were being questioned and red-flagged."

"Now, it's become a complete violation of their rights," she added. "That travel ban left me mortified, deeply hurt and scared."

The Canadian government has extended an offer of temporary residence permits for people who were stranded here when Trump's order came down Saturday. But, nothing has been said about how people looking to relocate here permanently will be handled.

Jenny Kwan, the NDP's immigration critic, has called for the House of Commons to have an emergency debate today on the travel ban.

Keyork said her office has received emails about families, students and workers considering a move to Canada since Trump was elected.

THE FALLOUT

Donald Trump fires his attorney general

Donald Trump has fired Acting Attorney General Sally Yates after she announced she would not defend his immigration order. The White House said Monday Yates "has betrayed the Department of Justice" and was "weak on borders and very weak on illegal immigration." THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, January 31, 2017

STEP UP

Feeling helpless? Don't stand by, step up. Here's the **Metro guide** to fighting Islamophobia and anti-refugee sentiment in your community.

MARCH

A **candlelight vigil in solidarity** with victims of the Quebec mosque attack will be held on Saturday at 5:30 p.m. at the Al-Jamia Mosque (655 West 8th Ave.) near the Olympic Village Canada Line station. The vigil is organized by the Pakistan-Canada Association, Al-Jamia Mosque, and the Coalition Against Bigotry.

SIGN

The Canadian Civil Liberties Association has drafted a script people can use to ask their MP to act regarding the recent U.S. travel ban. Specific demands include increasing the number of refugees accepted by Canada this year and suspending the Canada-U.S. Safe Third Country Agreement. You can find it at **ccla.org**.

JOIN

Another great way to take action is to **invest your time**. There are plenty of community and non-profit groups that are working to end Islamophobia and racism. Among the groups you may want to check out is the former Bernie for B.C. group, which has re-branded itself Our Revolution Canada. The group touts itself as an organization of progressive U.S. citizens living in Vancouver, **ourrevolution.ca.**

MEET

Get out of your comfort zone, expand your social network and try to reach out to people who don't look like you or share your views. You can start by introducing yourself to someone at a march, if you choose to attend.

SUPPORT

If you'd rather offer financial support, a few options include the B.C. Civil Liberties Association, bccla.org, the Immigrant Services Society of B.C., issbc.org or No One Is Illegal Coast Salish Territories, **nooneisillegal.org**.

GOT AN IDEA?

Metro's on the hunt for stories about the ways people are taking action and waging love to fight the political climate of hate. Tweet us with the hashtag **#WageLove** or **email angela.mullins@metronews.ca**.

metro Your essential daily news

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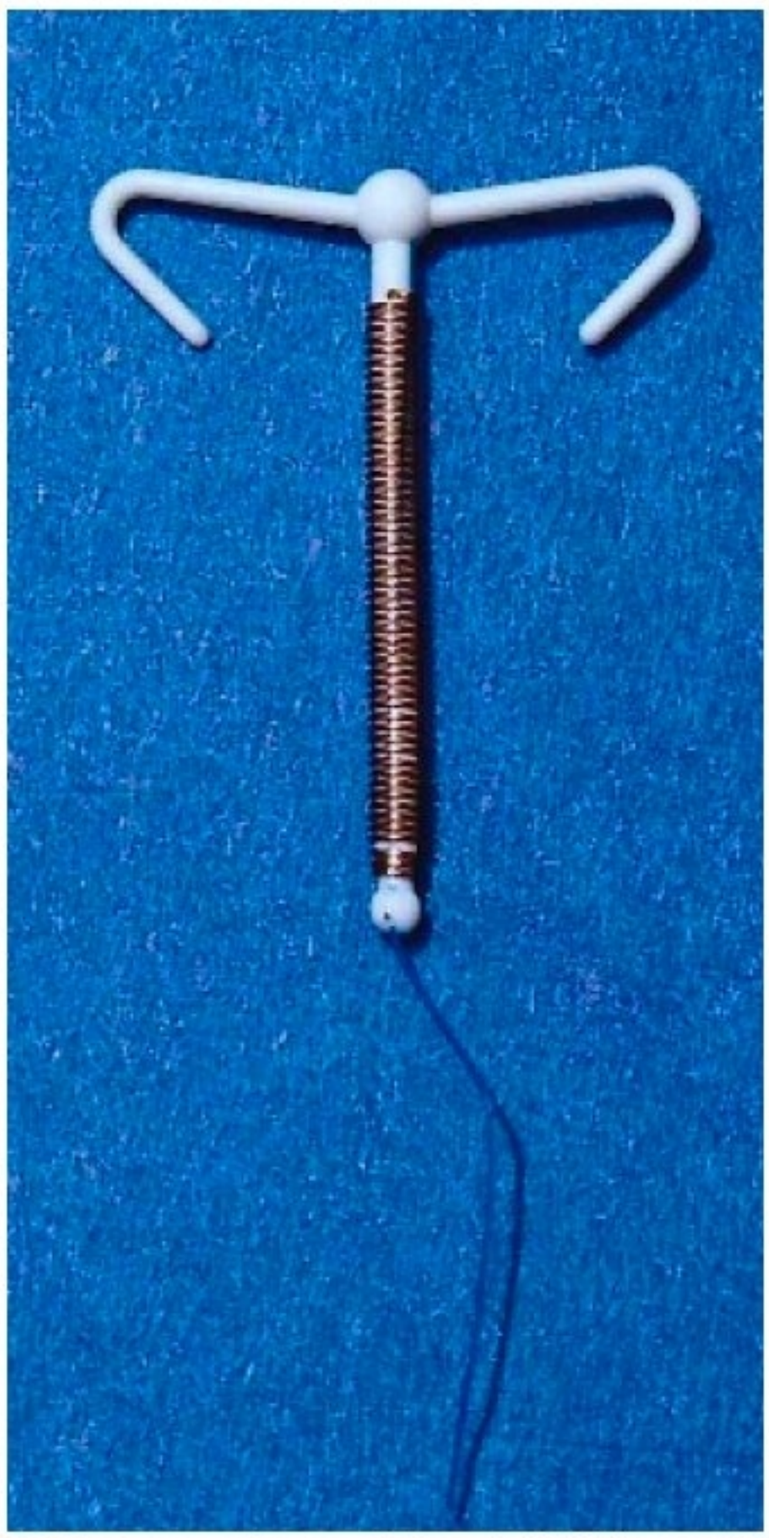
metro LIFE

Your essential daily news

Games, crafts and other simple activities may help stave off mental decline, a study finds



Both the copper and hormonal IUD can last 3 to 10 years and are acceptable for both women who have given birth, and those who haven't. CONTRIBUTED

The rise of the IUD

With Obamacare threatened, the U.S. is seeing a jump in women seeking long-term birth control. Precarious employment has women in Canada doing the same, experts say. TORSTAR NEWS SERVICE

In the lead-up to the inauguration of U.S. President Donald Trump, American women warned each other their access to birth control under Obamacare was at risk.

On social media, many women advised getting an IUD. The intrauterine device is a small, T-shaped piece of plastic or copper inserted through the cervix into the uterus by a doctor and provides highly reliable birth control for years at a time.

Under Obamacare, women could obtain one without paying out of pocket, along with other forms of FDA-approved birth control. If Congress repeals the Affordable Care Act — something Trump has already begun to set in motion — an IUD could cost American women as much as $1,000, according to Planned Parenthood. Without what's known as the "birth control mandate," many women may suddenly find it difficult to access birth control pills each month.

It seems some of those women turned to the IUD. According to data from 2,500 doctor's offices across the U.S. compiled by AthenaHealth and published by Vox, clinics in both Democrat and Republican counties saw a 19-per-cent spike in IUD procedures from October to December last year. The data suggest no such increase was observed in 2015.

Experts say something similar happens in Canada when women are faced with losing their health insurance or benefits.

The pill and the IUD are covered by some benefits plans — Sun Life, Great-West Life and Morneau Shepell may cover IUDs, depending on the arrangement with employers — and when women switch jobs or age out of their parents' coverage they often turn to IUDs, experts say.

"Definitely, definitely, we see that," said Dr. Erika Feuerstein, clinic physician and education director at the Bay Centre for Birth Control at Women's College Hospital. "When insurance is about to expire, women ask for an IUD because it was covered under their plan."

Because Canada lacks a national pharmacare system, about one quarter to one third of women do not have access to free birth control because they neither have workplace benefits nor qualify for a drug plan through social assistance, said Sandeep Prasad, executive director of Action Canada for Sexual Health and Rights, formerly the national Planned Parenthood agency, not directly linked to the U.S. organization.

That means they often choose less-effective birth control methods, such as condoms, which are about 82-per-cent effective with typical use, rather than a highly effective method such as the IUD, because of its high upfront cost.

The copper IUD costs up to $63 and the hormonal IUD costs up to $380 at Planned Parenthood Toronto. The most common form of birth control used by Canadian women remains the pill, but IUD use has been on the rise. The pill is about 90-per-cent effective with typical use and the IUD is 99-per-cent effective. According to data collected by Canadian health information company QuintilesIMS, prescriptions for the hormonal IUD brands Mirena and Jaydess have increased 46 per cent from 116,478 in 2011 to 170,061 in 2015.

Usage varies: the copper IUD is cheaper and desirable among women who are motivated to avoid synthetic hormones, but can make periods and cramping more intense. The hormonal IUD, which releases a progestin, is more expensive and can cause side-effects similar to the pill but can make periods much lighter.

McMaster University gynecologist Dr. Dustin Costescu estimates up to 5 per cent of Canadian reproductive-age women are now using an IUD, a figure that had hovered around 1 per cent for years. He also notices patients, especially students and young women entering a precarious workforce near the end of their insurance or benefits coverage, seek long-term birth control.

"Other women might see, when issues of coverage come up, that it may be beneficial to maximize their benefits," he said. "It wouldn't surprise me if other women start thinking about, as their coverage expires, an option that (prevents pregnancy) in the long term."

HORMONAL OR NON-HORMONAL

The copper IUD
99 per-cent effective; $54-$63 at Planned Parenthood

Pros:
- Reversible and forgettable
- May be suitable for women who cannot take estrogen
- Lessens the risk of endometrial cancer

Cons:
- May increase blood flow, pain and cramping during periods
- Some pain or discomfort during insertion

The hormonal IUD
99 per-cent effective; $306-$380 at Planned Parenthood

Pros:
- Reversible and forgettable
- May lead to lighter or absent periods
- Improves symptoms of endometriosis
- May be suitable for women who cannot take estrogen

Cons:
- May lead to spotting
- May cause hormonal side effects such as bloating, breast tenderness, acne, headaches and mood issues
- Some pain or discomfort during insertion

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Stranger Things cast members roar on David Harbour's stirring speech at the SAG Awards.
CHRIS PIZZELLO/INVISION/AP

Harbouring fierce resistance to Trump

THE SHOW: Screen Actors Guild Awards (Global)
THE MOMENT: David Harbour's manifesto

Near the end of a night of speeches decrying Donald Trump's U.S. immigration ban — from, among many others, Julia Louis-Dreyfus (best actress, Veep), Emma Stone (best actress, La La Land) and Mahershala Ali (best supporting actor, Moonlight) — Netflix's Stranger Things wins best drama series, and the cast storms the Shrine Auditorium stage.

David Harbour, who plays police chief Jim Hopper, begins reading a full-on, balls-out speech, calling the award "a call to arms from our fellow craftsmen and women to go deeper, and through our art, to battle against fear…by revealing intimate truths to remind folks that when they feel broken and afraid, they are not alone."

As the crowd rises, and his child co-stars jump up and down beside him, and his adult co-star Winona Ryder makes bug-eyed reaction faces for the ages, he builds to a crescendo: "We will repel bullies. We will shelter freaks and outcasts… We will get past the lies. We will hunt monsters. And when we are at a loss amidst the hypocrisy and casual violence of certain individuals…we will punch some people in the face when they seek to destroy the weak and the marginalized and the disenfranchised."

While @realDonaldTrump is wrapping up the strangest, most aggressive first week in U.S. presidential history, Hollywood is using its awards season platform to double down on its liberalism.

First Meryl Streep's speech at the Golden Globes, then the pussy-hatted winners at Saturday's Producers Guild Awards, and now Harbour's barn-burner. Can't wait to see the rally at the Oscars.

WATCH THE SPEECH ON THE METRO NEWS APP

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

COMEDY

Bee's alternative 'nerd prom'

Full Frontal host Samantha Bee. GETTY IMAGES

Comic Samantha Bee is throwing an alternative party to the annual White House Correspondents Dinner this spring.

Bee, who hosts TBS' Full Frontal weekly show, said she will welcome journalists and "non-irritating celebrities" to the first annual Not the White House Correspondents Dinner. It will be held on the same April night as that annual event, a fundraiser that mixes politicians, journalists and celebrities.

"It's a party for the nerds not invited to the real 'nerd prom,'" Bee said, using the real event's common nickname.

Bee said she and her staff thought of throwing their own party as they sat around depressed in the days following the November election. They wondered what form the White House Correspondents Dinner would take with the arrival of a new administration that says the media is the opposition.

"I had my gown all picked out," she said. "However, that didn't work out on several different levels."

Her event at Washington's Willard Hotel will be televised in some form on TBS, although plans are still being drawn up. All proceeds from the dinner will go to the Committee to Protect Journalists.

Bee said it wasn't her intention to damage the real White House Correspondents Dinner, which distributed $118,500 in scholarships and grants to needy students this year.

Bee's show has been outspoken in its criticism of President Donald Trump, so her event may be a tough sell for journalists who don't want their objectivity openly questioned.

Besides celebrating deserving journalists, Bee said her event has a simple motivation.

"We're just trying to have a good time," she said. "We're looking to have a party and to have a smile on our faces."

THE ASSOCIATED PRESS

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metro SPORTS

Joel Embiid, the oft-injured Philadelphia 76ers centre, will miss three games this week because of a left knee contusion

Raps lash out at ban

NBA

Lowry and Ujiri baffled and saddened by Trump's order

I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad.
Raptors point guard Kyle Lowry

GETTY IMAGES

Kyle Lowry takes great pride in representing Toronto and Canada as a professional athlete, but he is American born and bred and he lashed out at the United States government for its decision to ban refugees from seven primarily Muslim countries.

"I think it's absolutely bulls–," the Philadelphia-born Raptors point guard said Monday afternoon. "I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad."

As the NBA's lone international team, one led by a Nigerian-born president, the Raptors have long been held as a shining example of inclusiveness. They have a global outlook on issues, and they value the fact they represent a country known as a beacon for refugees seeking better lives. They were dismayed by the weekend actions that led to massive protests less than a fortnight into U.S. President Donald Trump's administration.

For Ujiri, there is little in life of which he is more proud than his work with the youth of his African home. Through his own Giants of Africa foundation and work with the NBA's Basketball Without Borders program, he lives to provide hope and inspiration, opportunity and encouragement to kids. He sees them as the boys and girls who can change the world for the better, and he wants desperately to advance that cause.

Masai Ujiri
GETTY IMAGES

He watched with horror and astonishment on the weekend when the government of new American president Trump effectively banned immigration from seven countries, countries where Ujiri has worked to improve the lives of youngsters, countries he cares greatly about.

"I'm finding it difficult to absorb some of this stuff, from the ban to everything that's going on," Ujiri said Monday. "I think it's just ridiculous what's going on out there. We had plan to do a basketball camp in Sudan. When you go and do those things we have kids that come from all over the world.

"Are we lying to those kids when we say we are giving them hope, or teaching them or going to help them grow, or give them opportunity? We're outright lying to them now. I just don't get it. It's mind-boggling."

Ujiri and Lowry are not advocating a borderless world, where terrorists and those bent on destruction are allowed free passage anywhere in the world. They understand the need for protections, and that borders are sacrosanct and not everyone should be allowed to go anywhere they want. But the all-encompassing nature of the ban, the message it sends to those who want to better themselves, the opportunities it denies people, that's what they are lashing out against.

"I understand what the issues are and what the problems are," Ujiri said. "I understand that and we do need to pay attention to security, 100 per cent, there is no doubt. But there are ways to deal with people. So, okay, so now we are stopping children that get scholarships to go to college from Sudan? What does that have to do with anything?" TORSTAR NEWS SERVICE

Families are being torn apart and I worry in the big picture what this means to the security of the world.
Warriors coach Steve Kerr, whose father Malcolm Kerr was murdered while he was the American University president in Beirut.

WRESTLING

USA to attend World Cup event in Iran

USA Wrestling said Monday that the U.S. still plans to compete next month in Iran, one of seven Muslim-majority countries whose citizens were temporarily banned from the U.S. by an executive order from President Donald Trump.

USA Wrestling's Rich Bender told The Associated Press that the Americans have "every intention" of travelling to Kermanshah for the men's freestyle World Cup on Feb. 16-17. Bender said the U.S. federation been given assurances from the Iranians that special attention is being given to their applications. The scheduled trip to Iran will be the first major test for U.S. athletes travelling to one of the seven nations affected by Trump's 90-day ban, issued last week.

Iran's senior vice-president Ishaq Jahangiri, through the official IRNA news agency, said that Trump's executive order was "illegal, inhumane and against human rights."
THE ASSOCIATED PRESS

We are extremely disappointed by the ban and feel strongly that it runs counter to the values of inclusiveness that define us as a nation.
Major League Soccer union chief Bob Foose

SOCCER

Most-capped Canuck De Guzman retires

Julian de Guzman arrived on the Canadian national team scene as an afterthought, wearing an ill-fitting hand-me-down shirt. Fifteen years later, he leaves as captain and Canada's most-capped men's player.

On Monday, the 35-year-old Ottawa Fury FC midfielder called an end to a distinguished career that saw him win 89 caps for Canada and play for clubs in France, Germany, Greece and Spain as well as Major League Soccer and the North American Soccer League. "Football has been the love of my life," de Guzman said at a tearful news conference in Ottawa. "It has given me a ticket to explore many countries, different cultures."

The Toronto native will remain in the game as an assistant on manager Paul Dalglish's coaching staff. The Canadian Soccer Association has already tabbed him as a coaching resource, making him part of a young talent evaluation camp last November.

Julian de Guzman.
GETTY IMAGES

"My wish and my dream now is for the future of Canada and the talent that we have," said de Guzman. He captained both Ottawa and his hometown team Toronto FC. But he is best known for his time in Germany and Spain's La Liga, where he played for Deportivo la Coruna.
THE CANADIAN PRESS

HOCKEY

Cherry defeats Orr in Top Prospects clash

Gabe Vilardi scored on his Windsor Spitfires teammate Michael DiPietro to break a tie and help Team Cherry to a 7-5 victory over Team Orr in the Canadian Top Prospects game Monday night before 9,707 fans at the Centre Videotron.

Team Cherry captain Nolan Patrick of the Brandon Wheat Kings, ranked first for the NHL draft by NHL Central Scouting, had two assists while his Team Orr and Halifax Mooseheads counterpart Nico Hischier, ranked second, had a goal and two helpers.

Isaac Ratchiffe of the Guelph Storm, Antoine Morand of the Acadie-Bathurst Titan, MacKenzie Entwistle of the Hamilton Bulldogs, Maxime Comtois of the Victoriaville Tigres and Owen Tippett of the Mississauga Steelheads also scored for Team Cherry. Jake Leschyshyn added an empty net goal. Henri Jokiharju had three assists. Sasha Chmelevski of the Ottawa 67s, Michael Rasmussen of the Tri-City Americans, Kailer Yamamoto of the Spokane Chiefs and Stelio Mattheos had the other goals for Team Orr.

Cherry outshot Orr 36-35.
THE ASSOCIATED PRESS

IN BRIEF

EPL sexual abuse probe extends to top London teams

The English Premier League's five London clubs are embroiled in the investigation into sexual abuse in soccer.

The Metropolitan Police says it has received 255 allegations connected with 77 individuals at clubs across London.

As well as the five top-flight clubs — Arsenal, Chelsea, Crystal Palace, Tottenham and West Ham — police say six teams across the next three leagues are also linked to the investigation.
THE ASSOCIATED PRESS

Third ski gold for Marcoux

Canadian skier Mac Marcoux picked up his third gold at the World Para-Alpine Skiing Championships with a win in the men's visually-impaired category in Monday's giant slalom.

The 19-year-old Marcoux, from Sault Ste. Marie, Ont., teamed with Calgary guide Jack Leitch for his first technical gold medal of the championships. He won gold in the downhill and super-G events and silver in the super combined earlier in Tarvisio. THE CANADIAN PRESS

MAKE IT TONIGHT

Healthy Cauliflower Cous Cous with Sweet Potato & Brussels Sprouts

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in 40 minutes
Prep time: 10 minutes
Serves 4

Ingredients
- 1 sweet potato, cut into 1/2 inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp plus 2 tsp olive oil
- 1 head cauliflower
- 1 Tbsp salt, plus 2 tsp
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions

1. Preheat oven to 400. In a bowl, toss sweet potato and Brussels sprouts with 2 tsp olive oil and 1/2 tsp salt. On a rimmed baking sheet, in a single layer, spread and roast, stirring once or twice, until golden brown, crisp outside and tender inside, 20 to 25 minutes.

2. Cut cauliflower in quarters and carve out inner core from each quarter. Cut into smaller florets. Transfer to a food processor. Pulse until broken down into cous cous-sized granules. Stir to make sure you don't have any large pieces left. Turn out cous cous into a bowl.

3. Heat a large skillet over medium heat then add 1 Tbsp oil. Add cauliflower to the pan and sprinkle with remaining salt. Add cumin and stir. Cook until tender, about 4 to 5 minutes. Take off heat and set aside. Gather 2 cups of cous cous.

4. In another large frying pan over medium heat, add butter and eggs. Cook a few minutes and cover pan, about 2 minutes. You can either stir together the cous cous and sweet potato mix as well as the feta or divide each amongst four bowls. Top each bowl with an fried egg and serve.

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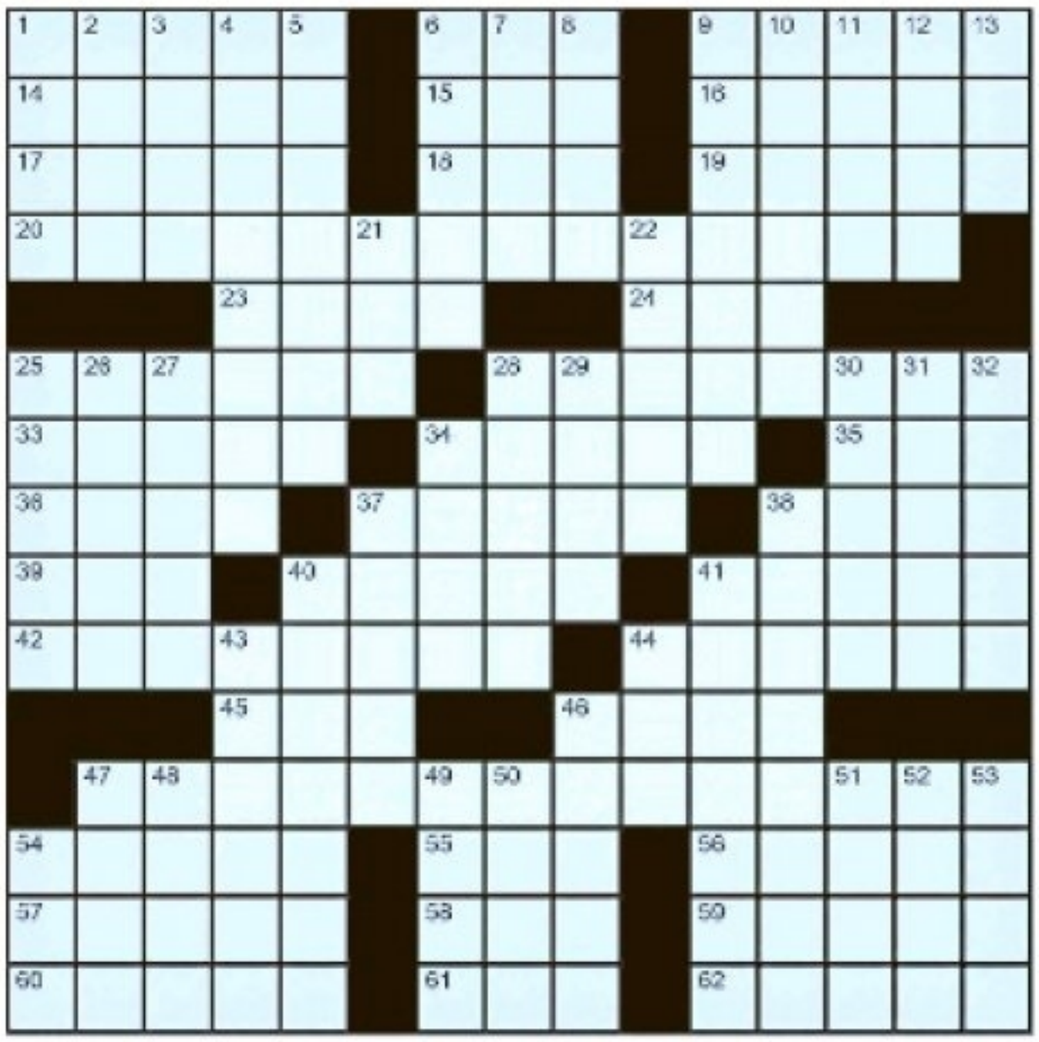
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Gives assistance
6. Following-the-morn' time
9. God
14. Kwik-_-_ ("The Simpsons" store)
15. Ghost's shout!
16. Style of rock music
17. Battle royal
18. "_ don't say!" (Wow, really?)
19. Music producer Mr. Martin (Son of Beatles producer George Martin)
20. "Dark day, windy city / Raincoat on my shoulder..." is the beginning of what Guess Who song?: 2 wds.
23. Kind of lily
24. Basketball net part
25. Bordeaux wine
28. Supplies with new employees again
33. God of wine in ancient Rome
34. Hunter's duck
35. Batch
36. Regrettably
37. Alpine dry wind
38. Caffeine nut
39. Existed
40. Words to live by
41. 'The People' in Inuktitut
42. Rhodes students
44. Uncommon
45. Where Bucharest is the cap.
46. Jump rope
47. 'Royal City' named by Queen Victoria in 1859 when it was the colony of British Columbia's first capital: 2 wds.
54. Witch assembly
55. Flat-bladed shed tool
56. Ahead of time
57. Archaically anoint
58. Unwell
59. _ diver
60. Earth
61. Entire
62. Highlander's dagger

DOWN
1. _ hearts (Health store purchase)
2. Frantic situation, e.g.
3. Movies composer Mr. Schifrin
4. Assembles/organizes
5. Driving wheel user
6. Bottomless pit, to a poet
7. Shoe's insertee
8. Roadie's gig with the band
9. Self-respect
10. 1994: "Return to Innocence" act
11. Comic actor Eric
12. Wedding cake level
13. TLC's "Say _ to the Dress"
21. Furrow
22. Fire-starting felony
25. Paw parts
26. Lavender
27. Embarrass
28. Oboist's props
29. Bounce back
30. Baking need
31. _ acid (Romaine lettuce stuff)
32. Condition
34. Achiever
37. Picture _
38. Hiker's 'bag'
40. _ around (Had goofy fun)
41. It's a problem on Winter roads
43. Nineteen Eighty-Four novelist George
44. Whiz down Whistler
46. Sniff
47. Taboo
48. One Direction's "Best Song _"
49. Mr. LaBeouf
50. Cost
51. Genuine
52. Napoleon's exile isle
53. Mr. Gosling
54. Canuck priv. sector union

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something startling and unexpected will come from a conversation with a boss, parent or VIP today. You will be caught off guard. Don't overreact — and don't quit your day job.

Taurus April 21 - May 21
Travel plans will be canceled or interrupted today. Conversely, you might suddenly have to travel out of town when you did not expect to do so. Guard against accidents.

Gemini May 22 - June 21
Double-check information regarding debt, taxes and shared property, because something unexpected could affect your assets. Don't be in the dark; know what's happening.

Cancer June 22 - July 23
Relations with partners and close friends are hard to control today, because someone will say something that blows you out of the water. Try to be cool.

Leo July 24 - Aug. 23
Your work routine will be interrupted today. Expect computer glitches, power failures, equipment breakdowns, staff shortages and surprising news. Allow extra time so that you can deal with the unexpected.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social plans might be canceled or changed.

Libra Sept. 24 - Oct. 23
Something will create havoc in your home routine today. Small appliances might break down, or minor breakages could occur. Guard against home accidents.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Keep your eyes open. Stay alert, even though you feel jumpy and impulsive.

Sagittarius Nov. 23 - Dec. 21
Watch your money and cash flow today, because something unexpected will happen. You might find money; you might lose money. Guard against impulse buying that you might regret later.

Capricorn Dec. 22 - Jan. 20
Today you feel nervous and impulsive. You can't explain it, but you feel the need to do things at the drop of a hat. Good luck, because today is a crapshoot.

Aquarius Jan. 21 - Feb. 19
You feel restless today because there are so many strange vibes in the air. People are unpredictable. Today is unpredictable.

Pisces
Feb. 20 - March 20
You might meet a real character today, or perhaps someone you already know will say or do something that amazes you. Stay light on your feet so that you can go with the flow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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9								3
				7				
7			3		9			4
		4				8		
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	6		9		2		4	

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Your daily crossword and Sudoku answers from the play page.

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2	6	3	1	5	7	8	4	9
5	7	9	4	8	6	2	3	1
8	1	4	9	3	2	6	7	5
4	3	2	7	9	5	1	6	8
9	8	6	2	1	4	3	5	7
7	5	1	3	6	8	4	9	2
6	2	8	5	4	9	7	1	3
3	4	5	8	7	1	9	2	6
1	9	7	6	2	3	5	8	4

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